



SAFETY SENSE



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SOUTH DAKOTA ARMY NATIONAL GUARD

Are you prepared for a disaster or isolation?



October 4th marks the one year anniversary for the Atlas storm that swept through the Black Hills and much of the mid-west. Many homes were left without power for weeks, some areas were isolated for days with snow that created impassable conditions. Many people were stranded in their cars for hours along side the road or in parking lots. The storm and effects claimed thousands of cattle and caused overwhelming calls for assistance for emergency responders. With trees and power lines being snapped like twigs and the snow drifts, travel in the area was ill advised and at times, except for emergencies, stopped.

If you were one of the residents trapped at home or on the road, you may have learned some valuable lessons in preparation.

Storms as devastating as Atlas may not be that frequent, but the possibility remains that even in a smaller storm, you could become trapped or isolated, in the home or on the road.

Don't wait to be prepare for such conditions. Build a survival

kit for your home and auto' now. A home kit should provide you with at least 72 hours of supplies. The following is a list of items recommended, but you should add to it depending on the potential situations you may encounter:

Water for drinking (one gallon per day per person, plus pets) Canned, prepackaged and boxed foods (avoid items that require refrigeration or significant cooking measures). Flashlight and additional batteries (as required). Weather and AM/FM radio plus batteries. Sleeping bags/bedroll, a tarp, tent, and poncho. Hygiene products such as toilet paper, baby wipes or other disposable cleansing towelettes, deodorant, tooth paste and tooth brush (one per member), soap, gloves (latex/hypoallergenic), feminine napkins. A first aid kit should include at least a roll of gauze, gauze pads, medical tape, alcohol wipes, antibiotic wound care cream/ointment, triangle bandages, petroleum jelly or other lubricant. A small cache of tools would include a pocket knife, whistle, hand warmers, duct tape, small rope/550 cord, wire saw and matches/lighter.

With the possibility of the area being without power, a few items to consider are back up

cell phone power supply, a portable generator or other means to power essential items. If you or a family member has medical issues, keep extra medications or essential items in your kit For those with children, , consider a board game or decks of cards. The kit should be as portable as possible, in case you must relocate suddenly, so you may want to store it in sturdy plastic bins that can be handled by one person if needed.

Your automobile kit should contain: flashlight, batteries, collapsible shovel, ice scraper, portable radio, candle, snack food, bottled water, matches or lighter, extra socks, and gloves, first aid kit, tool kit with similar items as the home kit, blanket or sleeping bag, tow rope, jumper cables, a coffee can filled with sand, cat litter or floor dry, a colorful distress flag, a whistle and roll of tape. A tin cup or mug can be used to melt snow and ice for water (over the candle). During winter months , don't let your gas gauge get below half. If stuck, start the car for a few minutes every hour to maintain heat.

Part of the preparation is attitude. Your positive outlook will reassure those around you and aid in successfully weathering the storm.

SDARNG SOHO Personnel:

MAJ Lori Starr

OHN
605-737-6713
lori.l.starr.mil@mail.mil

CW5 Lonald Hofer

SOHM/SSO
605-737-6703
lonald.e.hofer.mil@mail.mil

WO1 Jason Bestgen

TH Tech/SO
605-737-6620
jason.c.bestgen.mil@mail.mil

SFC Brian Gessner

State Safety NCO
brian.p.gessner.mil@mail.mil

SGT Don Gibbs

Safety Tech/Safety NCO
605-737-6501
donald.d.gibbs2.mil@mail.mil

Office Fax

605-737-6989

Where are your most common work hazards?



The chart below demonstrates the top fatal injuries by category for 2012. Information for 2013 is still being compiled however, if the US continues on its current trends, workplace fatalities will decline. While statistics

depict that in particular age groups and other demographics injuries and deaths have risen, overall, the numbers demonstrate that accidents in the workplace are being reduced.

One significant reason for this is you: the employee. Your efforts to reduce hazards through housekeeping, reporting hazards, removing potentially dangerous tools and equip-

ment and through the use of Risk Management / Job Hazard Analysis has aided the entire industry in reducing the number of workers injured and killed, reduced costs and increased productivity in the work place.

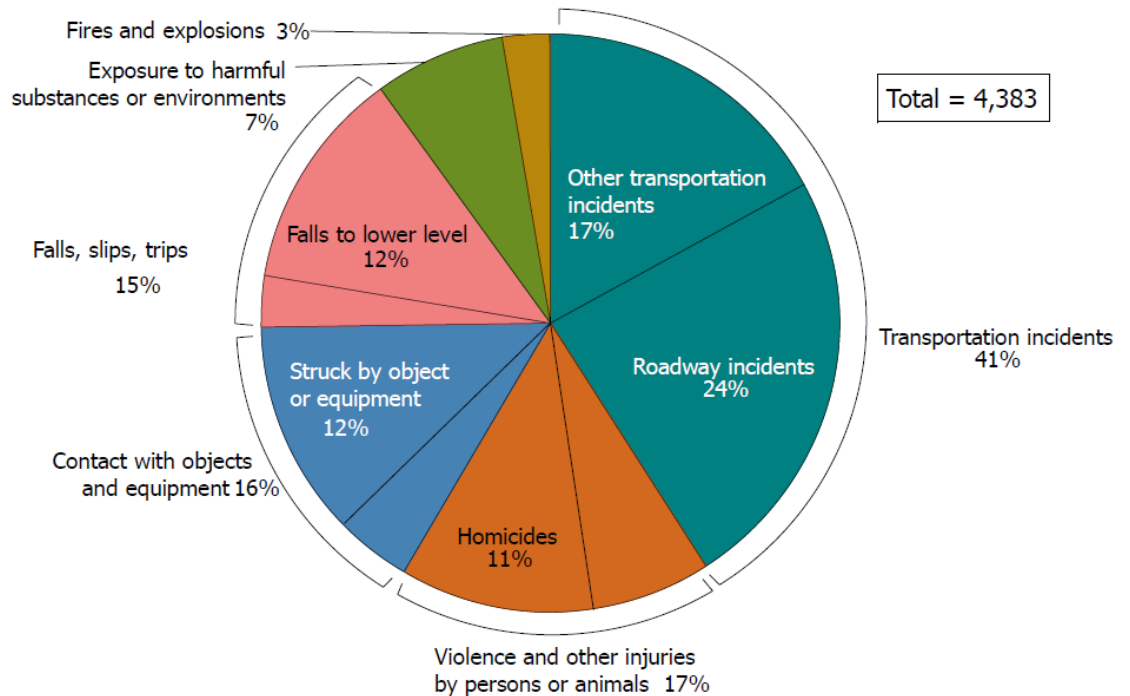
All of the Safety Campaigns in the world and all of the posters and warning could not be effective without the watchful employee or Soldier. It is your vigilance and actions that are reducing the number of accidents.

But don't let that go to your head. In 2012, 4383 workers did not go home at the end of their day. If one of those was

our coworker, battle buddy, supervisor or subordinate, all the positive statements in the world would mean nothing. If it was your spouse, son or daughter, all the actions to reduce accidents would have failed, in your eyes.

Keep up the good work, watch out for yourself and your coworkers. Share information about a hazard, not just in your workplace, but with this office, so that we may help in warning other facilities. Someone else may have the same hazard and not realize it or does not know how to overcome it.

Fatal occupational injuries, by major event, 2012*



*Data for 2012 are preliminary.

NOTE: Reference year 2011 constitutes a series break from earlier years for event data. For more information, see http://www.bls.gov/iif/osh_notice11.htm. Percentages may not add to 100 due to rounding.

SOURCE: U.S. Bureau of Labor Statistics, U.S. Department of Labor, 2013.

THINK SAFETY



**GO HOME TO YOUR FAMILY
THE WAY YOU CAME TO WORK TODAY**